Summer Bible Lessons for Youth

Summer is a season filled with vacations, camps, sports, family activities, and a break from many of our normal routines. While our weekly Youth Bible Study is not meeting during the summer months, our relationship with God doesn't take a break. In fact, summer can be a great opportunity to slow down and spend intentional time growing in our faith.

This year, our Vacation Bible School theme is based on Psalm 23. While VBS is designed primarily for our younger children, the truths found in this familiar Psalm are just as meaningful for teenagers. Psalm 23 reminds us that Jesus is our Good Shepherd who walks with us through every season of life. As you journey through this summer study, you'll discover that Psalm 23 is about much more than green pastures and still waters. It teaches us how to recognize God's voice, trust His leadership, and find peace even when life feels uncertain. While younger children will be learning these truths through VBS, this study invites you to explore them more deeply and consider how they apply to your life today.

May this summer be a season of growth, discovery, and deeper trust in the Shepherd who knows you, loves you, and faithfully leads you.

In Christ,
Your St. Matthew Family

Psalm 23

The Lord is my shepherd; I shall not want.
He makes me lie down in green pastures.
He leads me beside still waters.
He restores my soul. He leads me in paths of
righteousness for his name's sake.
Even though I walk through the valley of the
shadow of death, I will fear no evil,
for you are with me; your rod and your staff,
they comfort me.
You prepare a table before me in the
presence of my enemies; you anoint my head
with oil; my cup overflows.
Surely goodness and mercy shall follow me
all the days of my life, and I shall dwell in
the house of the Lord forever

Who's Sitting at Your Table?

Psalm 23:5

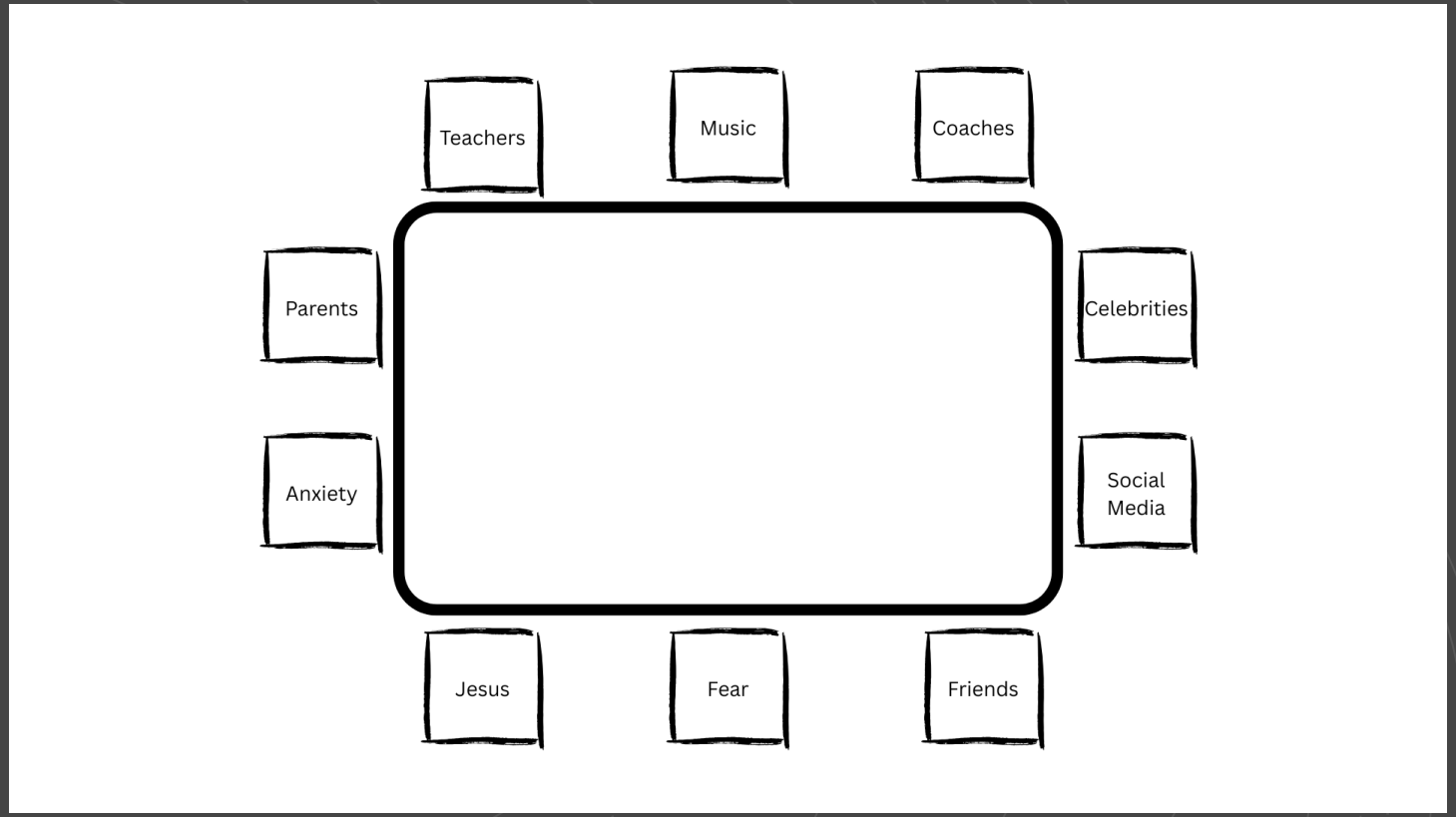
You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.

Big Idea

Everyone is influenced by voices. The question is: which voices are getting a seat at your table?

Activity

Look at the table and identify what your top 5 influences are.



Reflection Questions

- Who has the greatest influence on your decisions right now?
- What voice tends to be the loudest when you're struggling?
- Are there any influences in your life that consistently pull you away from God?

Challenge

Pay attention to what influences your thoughts, emotions, and decisions throughout the week.

Exposing the Enemy's Lies

John 10:10

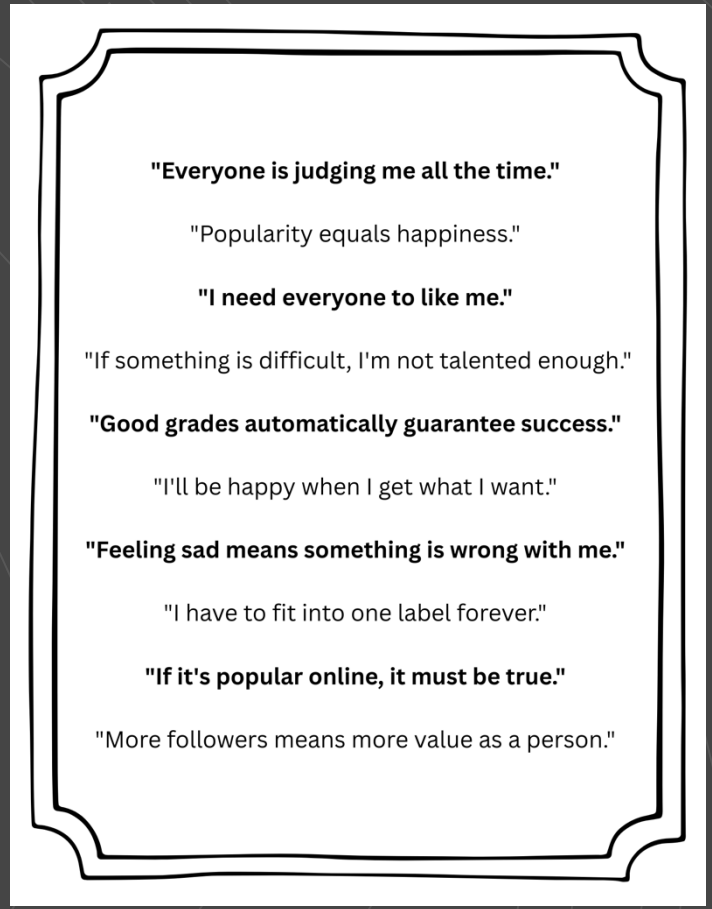
The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

Big Idea

The enemy's favorite weapon is deception. He wants us to believe lies about God, ourselves, and others.

Activity

Look at the list of common lies people believe and identify the 3 that are most prevent in your life.



Reflection Questions

- What lie do teenagers seem to believe most often?
- Have you ever believed something about yourself that wasn't true?
- Why do you think lies can sometimes feel more convincing than truth?

Challenge

Write down one lie you've believed and replace it with a Bible verse that speaks truth.

Taking Thoughts Captive

Romans 12:2

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Big Idea

Not every thought deserves a seat at your table. Followers of Jesus can examine thoughts and discern truth.

Activity

Look at the common lies we tell ourselves and what the Bible has to say about it.

“I’m not good enough”
Psalm 139:14

“I’m alone”
Joshua 1:9

“I’m not attractive enough”
1 Samuel 16:7

“Things will never get better”
Romans 8:28

“I’m too weak”
2 Corinthians 12:9

Reflection Questions

- Why is it important to examine your thoughts instead of automatically believing them?
- What thoughts do you need to "take captive" this week?
- How can Scripture help you replace unhealthy thinking?

Challenge

Every time a negative thought appears, pause and ask:

- Is it true?
- Is it biblical?
- Is it helping me follow Jesus?

Fighting Back with Truth

Ephesians 6:12

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

Big Idea

Jesus responded to temptation and lies with God's Word. We can do the same.

Activity

Turn to the concordance in the back of your Bible and see what Scripture has to say about these words.

Reflection Questions

- What temptations do kids your age face most often?
- What Bible verse has encouraged you during a difficult season?
- If you memorized one verse this month, what would it be and why?

Challenge

Memorize one verse that speaks directly to a struggle you're currently facing.

Letting Jesus Lead the Table

Philippians 4:8

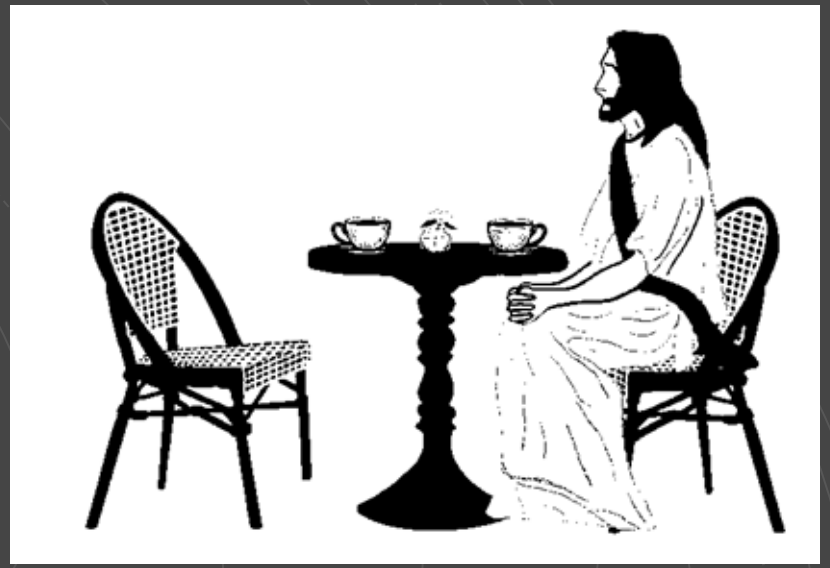
Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Big Idea

The goal isn't just removing unhealthy influences, It's inviting Jesus to lead every area of life.

Activity

Come up with a list of things that are taking the place of Jesus in your life right now.



Reflection Questions

- What voice has lost influence over your life recently?
- What practical habit can help keep Jesus at the center of your life?
- What does it look like for Jesus to have the seat of honor at your table?

Challenge

Create a daily rhythm that helps you hear Jesus' voice.

God's Blessings

See You In The Fall